

FILE OF LIFE – Every second counts.

What is the File of Life?

The **FILE OF LIFE** program is a national program designed to assist first responders with rapid identification of patient's medical history and prescribed **medications**. The **FILE OF LIFE** is a two-sided medical card, which is kept in a labeled red plastic pocket. The card lists the patient's name, emergency medical contacts, health problems, medications, dosages, allergies, doctor's name, hospital, and emergency contact. The entire pocket is held, with a magnet, to the outside of the refrigerator.

What FILE OF LIFE means -

Benefits to each individual:

- Peace of mind knowing they will have prompt and quality care.
- Easy access to potentially life-saving information.
- Assurance that proper persons will be notified quickly.

Benefits to emergency response teams:

- Instantly know medical history of patient.
- No wasted time getting information from a confused patient
- Correct treatment can begin at once.

Directions for using the FILE OF LIFE:

- **Print** all medical information on the medical card in **pencil**.
- Place the red magnetic pocket on the **outside of the refrigerator door**. If the patient does not have a refrigerator, scotch tape the card to the bathroom mirror.
- Place all Advance Directives inside the red magnetic pocket along with the medical card.
- Place a FILE OF LIFE decal on the front door of the residence.

